

# Cancer Support Yorkshire – Skipton Centre Seasonal Update – July 2019



## **WELCOME** "Here Comes Summer!"

As you can imagine we have been a hive of activity over the past few months! And, we have just re-opened the Centre having been closed for a week for redecorating and new carpets in the communal areas!

Thanks to the Tesco "Bags of Help" initiative which meant we could afford a much needed facelift. Just got the new blinds to be fitted and we are all done!

Do pop in for a look and a brew if you're passing.

## **DATES FOR YOUR DIARY & New support sessions**

### **STOMA**

Over the past few months we have been forging new links for support for our clients. We have linked up with Sarah Ashworth from Salts Medicare who is a community Stoma nurse for our area. We have had two support and information sessions this year, with a third one planned for **8 November, 10am to 12.30pm**, at the Three Links Club, Rectory Lane, Skipton BD23 1ER

### **PRIMARY BONE CANCER/BONE TUMOUR**

We have also teamed up with Louise Kirby from the Bone Cancer Research Trust to hold a support event on **Thursday 4 July, 10am to 12.30** here at the Centre in Skipton. Louise Kirby from the Trust will be on hand with information and support. There will also be refreshments and a raffle.

### **BIGWIGS**

**Wednesday 6 July, 7pm – 8pm** Janey Dyminsky is hosting a new support group for people experiencing hair loss – this does not have to be hair loss from cancer treatment. Jane will also do home visits and can be contacted on 07792768611.

We are now taking names for the new **Watercolours group** starting in September. Painting can be a great distraction and with the help of our tutor you can learn a new skill, or further develop an existing interest. The group takes place on **Thursdays from 1pm – 3pm** and is a 12 session course. Please speak to a member of the team to reserve your place.

We are also taking names for our **Pink Ribbon Pilates course**. This course is ideal for people who have had an operation as a result of Breast Cancer, although we can consider people who may have had other types of surgery. If you are interested in this please speak to a team member. This course is a series of 8 sessions and runs on **Wednesday afternoon 12.15pm – 1pm**

Our **Mindful Meditation** sessions facilitated by Karen Dunnet, have moved to **Tuesday mornings, 11.15am to 12noon**.

Meditation is one of the easiest ways to enter a state of deep relaxation and inner stillness, and it's one of the most powerful ways to eliminate stress and bring about positive personal changes.



Cancer Support Yorkshire, Armoury House, 45A Otley Street,  
Skipton, BD23 1EL 01756 228 088

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### **"Make UpMasterclass" With Val Preston**



**Friday 20 September  
Hair and Nails  
1pm – 3pm  
Booking is essential**

### **VOLUNTEER'S WEEK 2019**

In June we celebrated the wonderful work and support given to the charity by our amazing team of volunteers.

Debi gave a short presentation of thanks to the group and certificates were awarded to the volunteers, in recognition of the time they had given to the Centre.

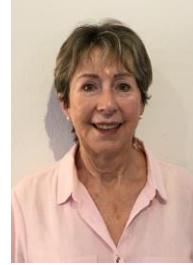
Some of whom have been with us for the five years since we started! Below is a picture of just a few of those who attended the "celebration soiree".



### **SHIRLEY ELLISON – Alexander Technique**

One of the volunteers who has been with the Centre for five years is Shirley. Shirley is a teacher of the Alexander technique – this technique recognises the complete unity between the body and the mind, and that emotional stress can result in a variety of aches and pains.

Shirley's clients attend 'one to one' "lessons" to learn the technique which help them to recognise their existing habits, and find a system within themselves which enables better use of the body and furthers general well – being.



Clients who have experienced the sessions have reported a real benefit.

Shirley said "this is something that people can take years to learn, but it really is just making people aware of how they move, making them think just momentarily of their responses to situations."

For more information or to book a taster session with Shirley please contact the team at the Centre.

**FUNDRAISING** – As ever we are continually striving to raise funds to ensure that our support and services are here for another 5 years and beyond. Please see the attached sheet for details of current fundraising events.

### **We'd love to hear from you!**

If you have anything of interest or something you'd like to share with other Centre users, please send it in to [d.hawkins@csyorkshire.org.uk](mailto:d.hawkins@csyorkshire.org.uk) or post to the address overleaf. Please follow and like us on Facebook as that is where we post all the current information on events, classes and courses.

Remember to follow us on Facebook @cancersupportskipton for regular updates and info